



Kingsport Senior Center News

October 2011

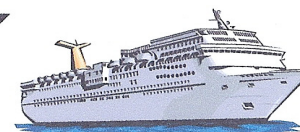
Volume XIX Edition 10

1200 East Center Street
Kingsport, Tennessee 37660



PML Travel & Tours and Kingsport Senior Center Presents an 11 Day/10 Night Caribbean Vacation Including A 9 Day/8 Night Caribbean & Bermuda Cruise Aboard Celebrity's "*Summit*"

Date: April 27 – May 7, 2012



DATE	DAY	PORT
4/27/12	FRI	Today depart by bus to the Charlotte Airport and fly non-stop* to San Juan, Puerto Rico . You will be transferred from the airport to your hotel in San Juan .
4/28/12	SAT	This morning you will be transferred from your hotel to the cruise pier where you will board Celebrity's Summit and depart on your fabulous Caribbean Cruise!
4/29/12	SUN	Philipsburg, St. Maarten – <i>Although the Island of St. Maarten's is split in half by the French and the Dutch, the breathtaking beaches surrounding it hold it together and make it one of the most beautiful islands to explore.</i>
4/30/12	MON	Charlotte Amalie, St. Thomas – <i>View emerald hills sprinkled with white and pastel houses as you pull into this popular port. Charlotte Amalie, Capital of the U.S. Virgin Islands, is home to amazing beaches, gorgeous sea and landscapes and unbelievable duty-free shopping</i>
5/1/12	TUE	Tortola, British Virgin Islands – <i>Tortola resembles an emerald necklace of mountains with a powdery white-sand rim. Aside from the very swim-able waters, Tortola is also home to the Virgin Islands Folk Museum.</i>
5/2/12	WED	Cruising - <i>Treat yourself to a day at the spa or relax by the pool. Try your luck at the casino or enjoy a Las Vegas style show!</i>
5/3/12	THU	Kings Wharf, Bermuda – <i>Nestled at the tip of Bermuda's West End, King's Wharf is home to the impressive Royal Navy Dockyard and the Crafts Market, where you can shop for great pieces handmade by island artists.</i>
5/4/12	FRI	Kings Wharf, Bermuda – <i>Lounge on pink sand beaches or snorkel crystal clear waters surrounding this fabulous Island.</i>
5/5/12	SAT	Cruising - <i>Last chance to explore all the amenities onboard Celebrity's Summit!</i>
5/6/12	SUN	Arrive at Cape Liberty, New Jersey After debarkation board a waiting bus and depart to New York City for the day! This evening check into an overnight hotel.
5/7/12	MON	After breakfast at your hotel depart for home with warm memories of your fabulous trip!

For Information and/or Reservations, Please Contact
Marlana Williams @ 423-392-8405

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.
For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2011-June 30, 2012**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
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392-8403

Branch Coordinator
Cindy Price
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Wellness Coordinator ~ Kevin Lytle
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Secretary ~ Marsha Mullins
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392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kinsporttn.gov
392-8406

Nutrition Site Manager ~ Sona Bingham
246-8060

**Advisory Council Meeting
Thursday, October 20th
12:30
Room 228**

WELLNESS

WELLNESS SEMINARS

Diabetes Awareness: James Perkins, System Director
Wellmont Diabetes Treatment Centers will be at the Center on **Tuesday, October 4, 2011** at 12:15 pm in the Card Room. Topic of discussion will be “Diabetes Awareness”: He will discuss the basic of how to use a Blood Glucose Meter, how to log your results, when to call your physician with the results and what to ask the physician during office visits; also resources for equipment and supplies. And discuss foot care, eye care, exercise, diet and the relationship of diabetes to hypertension, stroke to alert them to provide a better future by taking charge of their diabetes. This is an event you will not want to miss, so mark your calendar and plan to attend!

Saturated Fats and Fiber: Laura McGee Dyck, MSRD, Registered Dietitian with Comprehensive Weight Management Center will at the Center on **Thursday, October 6, 2011** at 10:00 am in the Card Room. Topic of discussion will be “Saturated Fats and Fiber.” Also we will cover Myth Busters: “Nutrition Edition” which goes through some of the more common nutrition myths and lets the group decide if they are true or false. All our members are invited and we do hope you can attend.

Mini Health Fair: The Senior Center will host a Mini Health Fair in the hallway - Billiards Room side on **Thursday, October 13, 2011** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Fall Assessments on the “Biodex” balance machine and Blood Pressure checks. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Vendors for this event will be: Life Care Center of Gray, Emeritus at Kingsport, and Aid & Assist. So mark your calendar for this very important date to be part of the fun.

Living Wills: Connie Lambert, with Amedisys Hospice will be at the Center on **Tuesday, October 18, 2011** at 12:15 pm in the Card Room. Topic of discussion will be “Living Wills: Five Wishes”. Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. All members are invited and we hope to see you there.

A Good Trans Fat?

Behold the power of cheese: *A naturally occurring trans fat found in dairy may be good for you.* A study in the Annals of Internal Medicine found that a diet high in the fat, called trans-palmitoleate, is associated with up to a 60 percent reduced risk of type 2 diabetes. Researchers speculate that trans-palmitoleate may turn off the liver’s production of fat and improve glucose handling by muscle cells. Try for two to three daily servings of dairy that has some fat.

Zip Line at Bays Mountain

Come join us for a day of Zip Lining at Bays Mountain, we will depart the Center at 9:00 am **Wednesday, October 5, 2011**. Lunch is on your own at Fatz Restaurant. Cost is \$5.00 for transportation payable when you sign up, Zip Line course is free. The Zip line known as “The Flying Squirrel”, is a 300 foot thrill ride that takes your breath away. Participants are secured with a safety harness and belayed to cables on a 35 ft. tower. Participants begin from the tower behind the Farmstead Museum and zip through the natural beauty of Bays Mountain Park towards the Amphitheater.

NOTE: There is a weight limit of **275 pounds** to ride the “The Flying Squirrel” Zip Line, and you must be able to fit into the safety harness and helmet to ride the Zip Line. Be sure to dress appropriately for the weather. We will need a minimum of 15 for trip to go, with a maximum 20. So stop by the office and sign up.

CADES COVE HAYRIDE

We will travel to Cades Cove in Townsend, Tennessee for a hayride, on **Friday, October 14, 2011**. We will depart the Center at 8:15 am. Cost of transportation is \$8.00 payable when you sign up, hayride fee is \$10.00 (cash only) payable the day of trip. Everyone bring a bag lunch with something to drink, dress appropriately for the weather; hayride is on a flatbed trailer for 11 miles and a minimum of 2 hours long. We need a minimum of 15 to sign up for this trip to go. Stop by the office and sign up.

TOURNAMENTS

Billiards Tournament: We invite all pool sharks to show off your skill on **Wednesday, November 16, 2011** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the first two tables in the billiards room. Sign - up’s start on October 19, 2011.

Bowling for Turkeys: Come join us for a day of fun, bowling at Warpath Lines on **Monday, November 21, 2011** at 9:00 am. Remember you don’t have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on bowling ball between their legs. We need a minimum of 12 players to sign up for tournament to be held. Cost is \$1.90 plus tax payable at Warpath Lines. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only. Sign ups start on October 26, 2011.

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Quilting ~ 9:00 ~ Room 303
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Tai-chi (Beginning) ~ 9:45 ~ First Broad St. UMC
Clay, Beginning Hand building ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Dulcimer (Intermediate) ~ 9:00 ~ Atrium
Basic Woodworking (fee) ~ 9:00 ~ Woodshop
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Atrium
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Tai-chi (Beginning) ~ 9:45 ~ First Broad St. UMC
Clay, Intermediate & Advanced ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women Only) ~ 1:00 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Basic Woodworking (fee) ~ Woodshop
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)

Thursday Continued ~

Jam Session ~ 12:00 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)
Beginning Spanish ~ 10:00 ~ Room 303
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
French Class ~ 9:00am ~ Card Room
Harmonica ~ 9:00am ~ Lounge
Table Tennis ~ 10:30am ~ Gym



Wood Carving
Thursdays at 9:00 am



TRAVEL AND SPECIAL EVENTS

What’s New with Essential Oils ~ Tuesday, October 4, 2011
~ 10:00 am~ Cost: \$5.00 paid to instructor. Location: Card Room. **Check with the Senior center office for space availability.**

Sullivan Co. Emergency Preparedness Tips With Jim Bean ~ Location: Card room ~ Wednesday, October 12, 2011 ~ 12:30 pm. **Mr. Bean will be talking about emergency procedures & what to do with your emergency preparedness kits which will be handed out this day.**

Caring for the Caregiver w/ Angie Gwaltney, RN ~
Learn how to be a good caregiver, gain strength from others who are facing the same struggles—address elder options, solutions for different levels of need; including daytime care, respite, home health, assisted living and hospice. Thursday, October 13, 2011 ~ 12:00 p.m. in the card room ~ Event is Free but is limited to 25 participants ~ Refreshments will be provided. ~ **Check with the Senior office for space availability.**

Senior Recreational Social Group Meeting ~ Thursday, October 13, 2011 ~ 4:30 pm to 6:30pm ~ Location: Lounge ~ **Bring a covered dish to share.**

State of Franklin Bank Lunch ~ Topic of discussion IRA’s and Fraud Prevention ~ Wednesday, October 19, 2011 ~ 11:30 am ~ Cost: Free ~ Location: Room 310. **Limit of 50 participants. Sign-ups begin Oct 5.**

Mystery Shopping Workshop w/Joe Baker ~ Tuesday, October 25, 2011 ~ 12:15 pm in the card room ~ Come learn what mystery shopping is all about/ plus jobs/how much they pay/scams and how to avoid them. There will be questions and answers after the workshop. Event is free but is limited to 30 participants. **Check with the Senior office for space availability.**

Heartwood-Southwest Virginia’s Artisan Gateway ~ Abington, VA ~ Wednesday, October 26, 2011 ~ depart at 10:00 am return by 4:30 pm ~ Cost \$5.00/ lunch on your own. **Check with the Senior office for space availability.**

Holston Valley Volunteer Services: Information Seminar ~ ~ Cost: FREE ~ Thursday, Oct 27, 2011 ~ 12:15 pm in the card room ~ Door Prizes will be given out. We have a limit of 30 participants. **Sign-up begins Oct.3.**

Newcomer’s Welcome Breakfast ~ Thursday, October 27, 2011 ~ 9:00 am. Cost: Free ~ Location: 1st floor atrium ~

Shopping/Lunch ~ Mercer Mall ~ Bluefield, W VA ~ Wednesday, November 2 ~ depart at 9:00 am return by 5:30 pm ~ Cost is \$8.00/Lunch is on your own. Lunch options are K & W Cafeteria or Macados. **Sign-up begins October 6.**

A Wohlfahrt Haus Holiday Spectacular, Wytheville, VA ~ Tuesday, Nov. 15 ~ Leave at 9:45 am and return at 6:00 pm ~ Cost: \$41.00/Bus and Ticket ~ **Sign-ups begin Oct. 7.**

Thanksgiving Lunch ~ Thursday, Nov. 17 ~ 11:30 am to 1:30 pm ~ Location: First Floor ~ Please bring a covered dish. **Sign-up begins Oct. 23.**

Charles Dickens “A Christmas Carol” ~ Barter Theatre ~ Abingdon, VA ~ Wednesday, November 23, 2011 ~ depart at 10:30 return by 5:30 pm ~ Cost: \$25.00. Lunch at Ruby Tuesdays ~ **Sign-up begins October 4th.**

Christmas Tree Decorating Party ~ First Floor Atrium ~ Wednesday, November 30, 2011 ~ 12:30 pm ~ **Sign-up begins Oct 31st. Refreshments provided by Natural History Museum.**

“Wooden Snowflakes” ~ Barter Theater, stage II ~ Abingdon, VA~ Thursday, December 1, 2011 ~ depart at 10:30 am, return by 5:30 pm ~ Cost: \$25.00. Lunch at Red Lobster ~ **Sign-up begins Oct 21st.**

Out To Lunch Bunch ~ The Partridge & Pear Restaurant ~ and Shopping at The Christmas Place ~ Pigeon Forge, TN ~ Friday, December 2, 2011 ~ depart at 9:30 am return by 4:30 pm ~ Cost: \$8.00 for transportation/lunch is on your own. Menu is availability at the Senior Center office. **Sign-up begins Nov 3rd.**

Woodshop Update

Open wood shop time on Monday’s, Wednesday’s and Friday’s 9:00 am - 3:00 pm

Classes Tuesday’s and Thursday’s 9 am—3pm

Your Page

From the Dancing Corner

October 14th the Big Band Theory will make its appearance at Rascals. The theme of the night is "Groovin' In the Graveyard". Come as witches and wizards, pumpkins or mice, if you like. The attire is optional but is always fun whether you wear a special costume or not. The band will play a wide range of danceable hits from the 30's through the 80's. Big Band Theory adds brass and wind instruments to keyboard, strings and percussion. Marc Strand plays trumpet and leads the band, and is usually joined by eight other very talented musicians, including Patti Quarles on keyboard.

See you there!

October Dance with Live Music from The Big Band Theory

When: Friday, October 14th, 2011
Time: 7:00 PM to 10:00 PM
Where: Rascals Teen Center
125 Cumberland St., Kingsport
Cost: \$5.00 per person

Please bring a dessert or snack to share

Library Book Day

Thursday, October 20, 2011
Time: 9-11 a.m.

Table in front of the senior center office.



Massage Therapy Appointments

Fridays with Debra Defrieze
30 minute massage \$15.00,
call (423)791-4693

Schedule appointments by calling and pay massage therapist day of appointment.

Chinese Language Class

Class 1 — Beginners —2:45 —3:45 pm

Class 2— Intermediate—4:00—5:00 pm

Cost: \$55 student, \$75 student with parent (textbook not included)

This is a class for students who want to keep their Chinese heritage while being an American Citizen

Chinese Cooking Class

Senior Center Lounge
Wednesday, November 16, 2011
1:00 pm

Cost: \$2.00 due at sign-up
Instructor: Hang Lei

Sign ups begin: Oct. 17th



TRAVEL AND SPECIAL EVENTS

Breakfast/Piano Recital (Freda's Ivory Buds)

Location: First Floor Atrium

Thursday, October 6, 2011

9:00 am

Cost is free, sponsored by Smoky Mountain Home Health and Hospice
Sign-up in the office

Make Jewelry gifts for the Holidays

Thursday, November 10, 2011

Time: 10:00 am - 12 Noon

Cost: \$10.00, pay instructor

Instructor; Netta Shepard

This class will have a choice of making earrings, pendant or pin. Participants can look at ideas and be creative. Netta will have an assortment of beads, silver, etc. Pliers will be available for \$10.00, other supplies will be available for additional fees.

Sign-ups begin: October 11th



Widowed Persons Support Group

Multi-Purpose Room

Thursday, October 20, 2011

5:00 pm

When your loved ones become the harvest of the Lord, look to this group for comfort!

Manicures

Provided by DB Cosmetology Students

Wednesday, October 12

11:30 to 1:30, 1 hour each

Cost: \$2.00 paid to manicurist

Call Senior Center Office to schedule appointment

NEW

ARTISTS AND CRAFTERS MONTHLY BREAKFAST

3RD TUESDAY EACH MONTH

Beginning October 18th

9:30 a.m.

Lynn View Art Gallery

257 Walker Street

Come share ideas, make new friends. Bring a piece of your art or craft to show.

Please call to sign up in advance so we know how much food to order. 423-392-8400



SHIP MEDICARE ENROLLMENT

Enrollment will be in the Computer Lab on

Tuesday, **November 8, 2011 from 9 am until 12**

noon. Sign-ups began September 28. Appoint-

ments will be 30 min. each. Starting this year Medicare Annual Enrollment Period will be October 15—December 7. You will be able

to join, switch or drop your Medicare Part D or

Medicare Advantage coverage at this time.

Medicare Part D and Medicare Advantage plans change their coverage and costs each year so it is important to review your plan and compare it others on the Market every fall. We are partnering with the Tennessee State of Health Insurance Assistance Program (TN SHIP) and ETSU's

Gatton's School of Pharmacy to provide free and objective assistance in comparing Part D and Medicare Advantage plans. Trained Medicare Counselors will be on hand at the Senior Center to assist you. For more information and to set an Appointment please call the Senior Center at **392-8400.**

Kingsport Senior Artisan Center

OPEN HOUSE

Friday, October 28th

3:00 p.m. - 7:00 p.m.

Come have some light snacks and do some early Christmas shopping!

Pottery, jewelry, handmade cards, etc.



NEWS TO USE

FIRST TENNESSEE SENIORS WALK WITH WALGREENS

October 1, 2011 through October 31, 2011

There's a new program called ***Walgreens across Tennessee***. Walgreens is offering an incentive to help seniors stay active & live well by walking more. We encourage our Senior's walking group to participate. You can stop in at any Walgreens in Tennessee & pick up a free **Walk with Walgreens Membership Kit**, which includes a pedometer, draw-string bag & walking journal. During the month of October keep track of your steps and the number of miles you walk each day. Walgreens encourages everyone to keep track online at Walgreens.com/walk because it's easy & offers special values and coupons, but you can track them on paper if you prefer. At the end of October they'll determine which Senior Center within the Area has the most steps. That Senior Center will receive a \$500 Wellness Grant to be used at their discretion!



S.A.L.T. Council Meetings (Seniors and Law Enforcement Taskforce)

1st meeting ~ October 11, 2011

Cafeteria, 8:30 am, FREE refreshments

We are trying to increase awareness of this important group, come and join us!

A TASTY TREAT FROM MARSHA

Vegetable Lasagna

8 oz. lasagna noodles
1/2 c. dried porcini shiitake mushroom or fresh mushrooms
1 c. boiling water
1 lg. onion, chopped
1 lg. green pepper, chopped
2 med. Carrots, chopped
4 cloves, minced
1 tbs. margarine or butter
4 c. chopped broccoli (flowerets & stems)
1 (15 oz. container ricotta cheese
1 c. shredded mozzarella cheese
1/2 grated Parmesan or Romano cheese
2 eggs
1/4 c. snipped parsley
1/2 tsp. dried thyme, crushed
1/2 tsp. dried marjoram, crushed
1/4 tsp. pepper
1 (30 oz.) jar meatless spaghetti sauce
1/4 c. grated Parmesan or Romano cheese

Cook noodles according to package directions; drain. Combine dried mushrooms and boiling water in a med. bowl. Drain and squeeze mushrooms, reserving liquid. Remove and discard mushroom stems. Coarsely chop mushrooms. Set aside. (can use 1 cup of chopped fresh mushrooms instead of the dried. Cook the fresh mushrooms with the onion, green pepper, and carrots & use water instead of the dried mushroom liquid). In a larger skillet cook onion, green peppers, carrots and garlic in hot margarine or butter until tender but not brown. Add broccoli and 1/2 cup reserved mushroom liquid. Bring to a boil; reduce heat. Cover and simmer about 5 minutes or until broccoli is just crisp-tender. Stir in mushrooms. In a medium bowl stir together ricotta cheese, mozzarella cheese, 1/2 cup Parmesan cheese or Romano cheese, eggs, parsley, thyme, marjoram and pepper. In a 3 qt. rectangular baking dish evenly spread 1/2 cup of spaghetti sauce. Layer 3 noodles over sauce. Layer 1/2 of the cheese mixture, 1/2 of the vegetable mixture & 1 cup of spaghetti sauce. Repeat layers ending with noodles. Spoon rest of sauce over the top. Sprinkle with 1/4 cup of Parmesan or Romano cheese. Cover & bake at 375 or 20 minutes. Uncover & bake about 10 minutes more or until heated through.



Fall 2011 Branch Site Class Schedule

Core Conditioning

- Mondays & Wednesdays
- 9:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Gain core strength

Drawing with the Right Side of your Brain

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Beginning drawing class

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming
-

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

*See page 7 Travel and Special Events

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

Tai-Chi (Beginning Level)

- Mondays & Wednesdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15 for 12 weeks
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th
- Intergenerational/ do not have to be a member to attend couponing group.

Game Day

- 3rd Tuesday of Month (Oct. 18)
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: Nina Ketron
- Sequence and variety of board games



Exercise Room at Lynn View



Branch site at First Broad Street United Methodist Church



Lynn View Branch Site



Boys and Girls Club Branch Site



STUDENTS STILL BEING TAKEN FOR ALL CLASSES. CALL FOR INFORMATION.

Kingsport Adult education classes are administered by The Kingsport Senior Center.
For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Computer Literacy

- 6 Weeks (Beginning October 10th)
- Fee \$70 Mondays 6:00pm - 8:00pm
- Instructor: TBA
- Tuesdays 6:00 - 8:00pm
- Location: Computer Lab, Lynn View CC

2008 National Electric Code (Commercial)

- 8 Weeks
- Fee: \$70
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

2008 National Electric Code (Residential)

- 8 Weeks (Begins January 23, 2012)
- Fee \$70
- Mondays 6:00-8:00 p.m.
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

Beginning Heating Ventilation and Air Conditioning Certification Preparation

- 10 Weeks
- Fee: \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.
- Must have a minimum of 5 students, must pre-register.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- Thursday, November 10th
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make 5 cards and take materials home to make additional 5 cards.

Fly Tying

- 8 weeks
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

Learn how to make Cake Pops

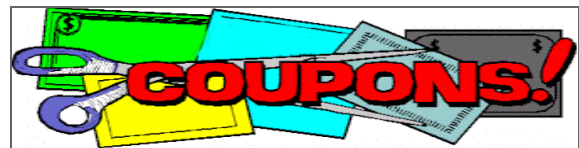
- 2 hour workshop
- Monday
- October 3rd
- 6:00 p.m. - 8:00 p.m.
- Instructor: Holly Ralph, Owner of Sweet Creations
- Location: Renaissance Center
- Fee: \$15
- Minimum of 6 required for class
- Location: Kingsport Senior Center

French

- Saturdays
- Time: 9:00am
- Location: Renaissance Center, Card Room
- Fee: \$30, please pay instructor, Fay Saffari

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th, 5:30 pm



HEALTH/EXERCISE

Personal Training with Chris

- Instructor: Chris Hicks
- Available by the hour or as package
- Contact Chris (423-741-5643)

Beginning Golf

- Thursdays
- 6 weeks
- 5:30 p.m.
- Instructor: Wallace Ketron
- Fee: \$25

Zumba Fitness
6 weeks

- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria
- Session 1 Begins September 22
- Session 2 Begins November 3

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn View Community Center

Trail Dance

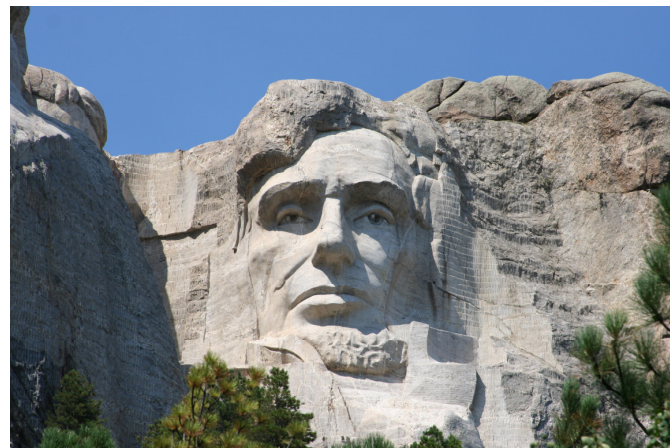
- 8 week class
- Dates same as Line Dance
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn View Community Center

Hula Dance

- 8 week class
- Fee: \$30
- Mondays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center



Trip to South Dakota



The Kingsport Senior Center and FoRP Travel present a 3 Day/2 Night trip to Huntsville/Scottsboro, Alabama

March 22-24, 2011

Cost: \$355, dbl occupancy, \$334 triple occupancy, \$314 quad occupancy and \$474 single

Payment of \$100 deposit due at sign-up, absolute last day to pay deposit is January 3rd, 2012

Balance due by February 1st, 2012

Call Marlana at 392-8405 for details

Publicity Committee Bean Luncheon

Room 239, Friday, October 21, 2011

11:00 am until 1:30 pm

Cost is \$4.00 per person

Sign-up in the front office

or by calling 392-8400



Menu

White Navy Beans, Cornbread, Onions,
Coleslaw, Cookie, Sweet or unsweet tea,
and Coffee



This is a fundraiser for Senior Fest 2012
Carry-out is available.

All are welcome!

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

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